**CAMP SCHEDULE**

**TUESDAY**

**9:30-10:00: CHECK IN AT GYM**

**10:00-10:15: INTRO OF STAFF/CAMP INFO/EQUIPMENT**

**10:15: DEMO OF SHAPES WITH RAMON**

**10:30: DIVIDE INTO 3 LEVELS/ COACHES MEETING**

**10:30-11:15: LEVEL 1 AIR TRACK, LEVEL 2 LINE DRILLS, LEVEL 3 CONDITIONING**

**11:15-12:00: LEVEL 1 LINE DRILLS, LEVEL 2 CONDITIONING, LEVEL 3 AIR TRACK**

**12:00-12:45: LEVEL 1 CONDITIONING, LEVEL 2 AIR TRACK, LEVEL 3 LINE DRILLS.**

**\*\*DURING THE MORNING SESSIONS COACHES CAN ATTEND COACH THE COACHES SESSIONS WITH DEB AND RACHEL IN TEACHERS LOUNGE\*\***

**12:45-1:30: LUNCH**

**1:30-2:15: BEGINNER CAFETERIA, INTERMEDIATE/ADVANCE GYM, STUNT BASICS, FUNDAMENTALS**

**2:15-3:00: TEAMS WORKING WITH STAFF BUDDY/STUNTS.**

**3:00-3:15: SNACK BREAK.**

**3:15-4:00: BEGINNER IN CAFETERIA, INTERMEDIATE/ADVANCE GYM**

**4:00-5:00: OPEN GYM, YOU MAY WORK AS A TEAM ON STUNTS, WORK WITH DEB OR RACHEL, OR TUMBLE.**

**COACHES: AT 4:30 WE WILL HAVE A COACHES MEETING TO DISCUSS DAY.**

**TUBING AT HOTEL, PIZZA, AND ICE CREAM IN LOBBY.**

**CAMP SCHEDULE**

**WEDNESDAY**

**10:00 CHECK IN AT GYM/ DEMO WITH RAMON.**

**10:30: LEVEL 1 AIR TRACK, LEVEL 2 LINE DRILLS, LEVEL 3 CONDITIONING.**

**11:00: LEVEL 1 LINE DRILLS, LEVEL 2 CONDITIONING, LEVEL 3 AIR TRACK.**

**11:30: LEVEL 1 CONDITIONING, LEVEL 2 AIR TRACK, LEVEL 3 LINE DRILLS.**

**12:00-1:00: LUNCH**

**1:00-1:30: BEGINNER IN CAFETERIA, INTERMEDIATE/ADVANCED IN GYM BUILD ON STUNT BASICS/FUNDAMENTALS**

**1:30-2:00: TEAMS WORKING WITH STAFF BUDDY/STUNTS**

**2:00-2:30: CAMP PICTURE/TEAM SNACK**

**2:30-3:30 OPEN GYM, YOU MAY WORK AS A TEAM ON STUNTS, WORK WITH DEB OR RACHEL, OR TUMBLE**

**3:30-4:00 CLOSING/AWARDS**

**TEAMS STAYING TUESDAY EVENING TUBING, PIZZA, AND ICE CREAM AT HOTEL**